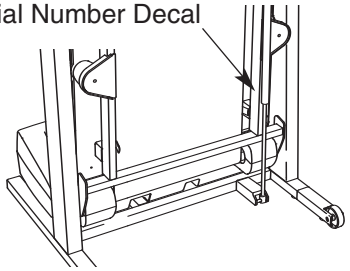
HEALTHRIDER®

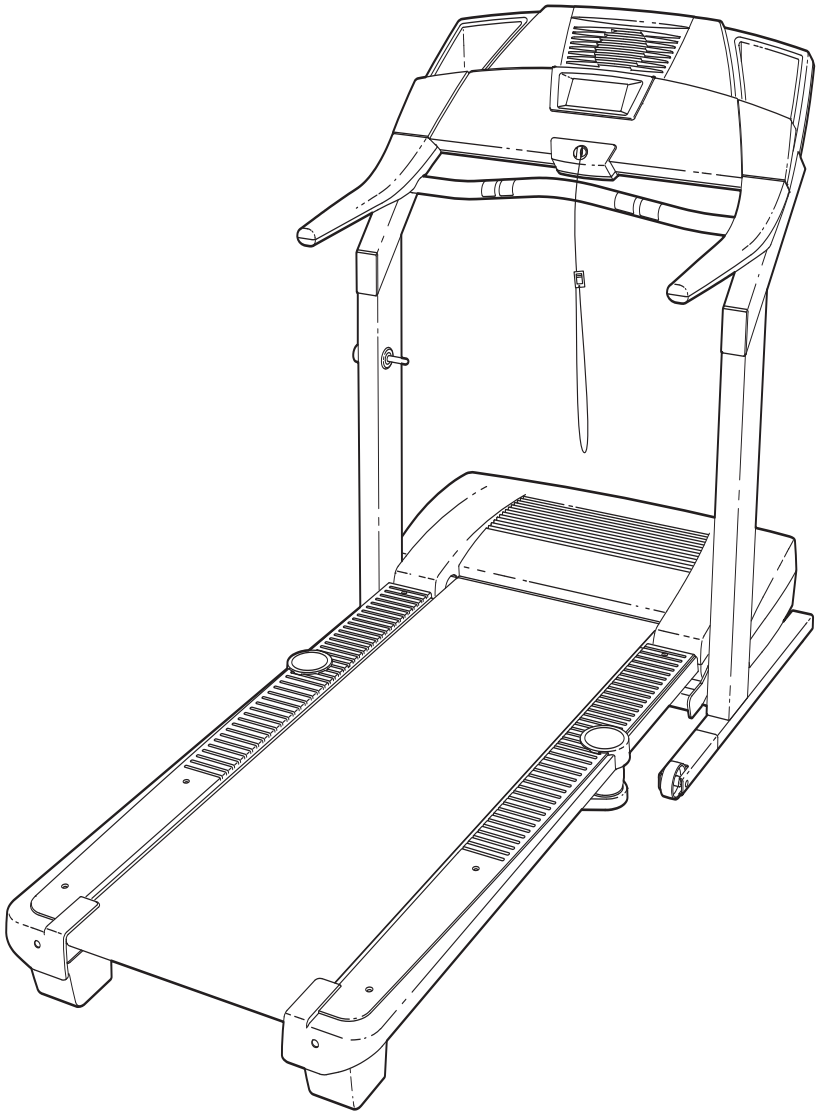
H500

Model No. HATL51205.0
Serial No. _____

Serial Number Decal



USER'S MANUAL



QUESTIONS?

If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
800-820-0915
E-mail:
newlife@vip.163.com

ICON's Web site:
www.iconfitness.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Newlife is an authorized dealer of this treadmill in the territory of mainland China. This treadmill is designed and manufactured by ICON Health & Fitness, Inc.

HEALTHRIDER®

H500

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Note: An EXPLODED DRAWING is attached in the centre of this manual.

HealthRider is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 135 kg (300 lbs.) or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

11. **If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**

12. **Keep the power cord away from heated surfaces.**

13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)**

14. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**

15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

16. **Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)**

17. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**

18. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

19. **The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The sensors are intended only as exercise aids in determining heart rate trends in general.**

20. **When using iFIT.com programs, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

21. When using iFIT.com programs, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.

22. Remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never insert any object into any opening.

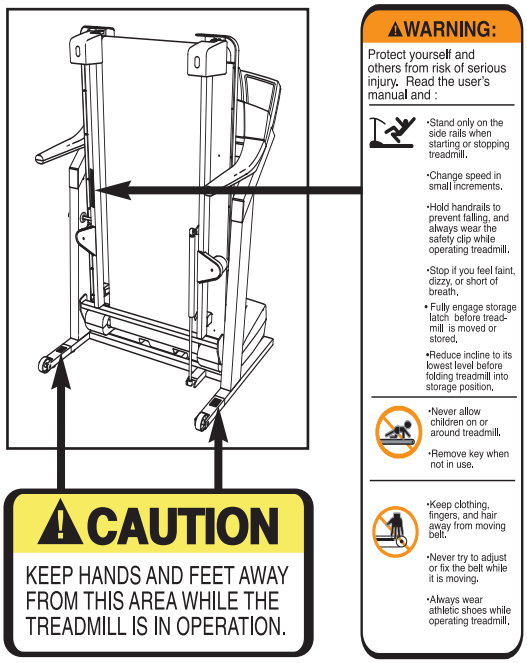
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Newlife assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The decals shown at the right have been placed on the treadmill. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

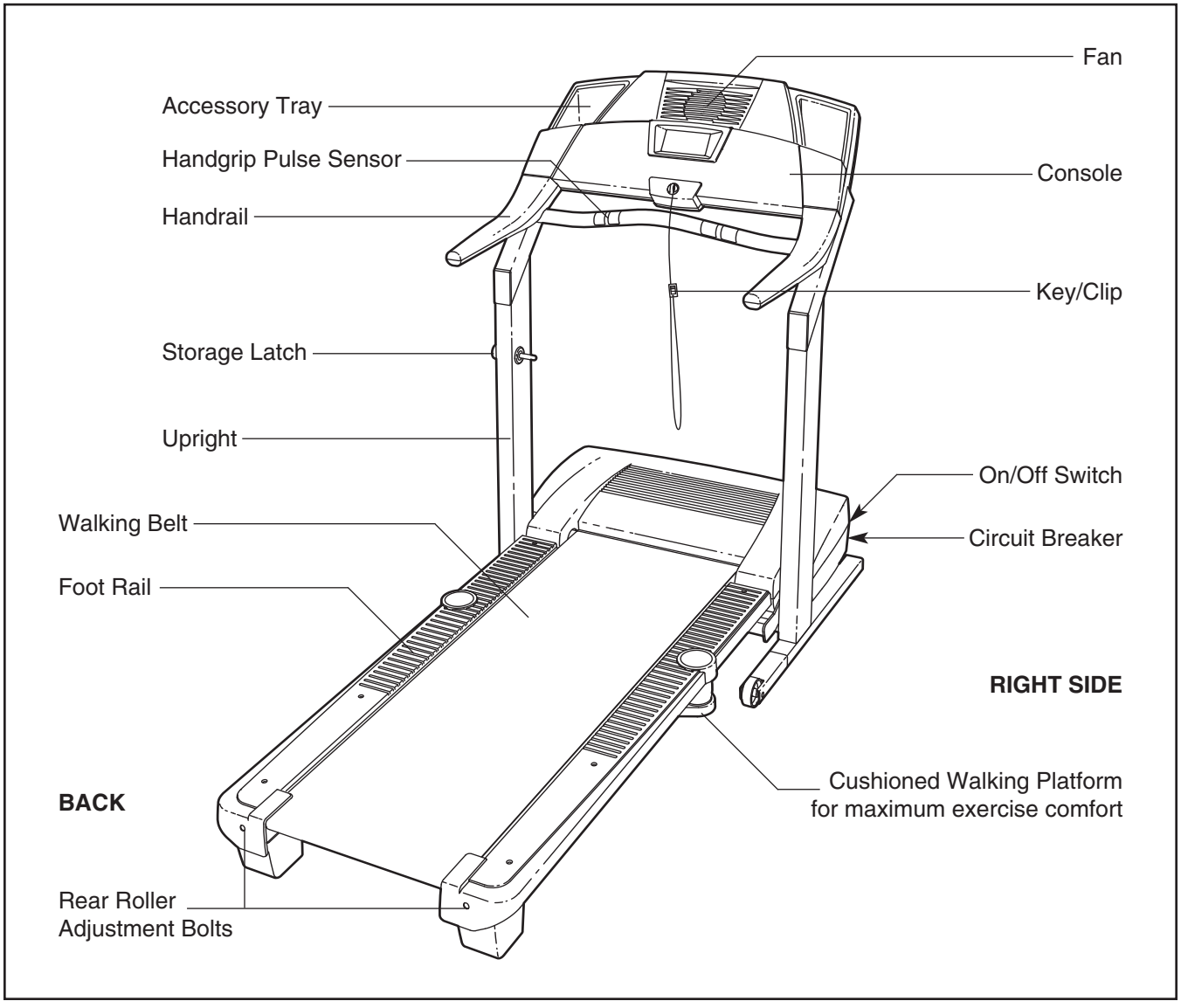


BEFORE YOU BEGIN

Thank you for selecting the revolutionary HealthRider® H500 treadmill. The H500 treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience and privacy of your home. And when you're not exercising, the unique H500 treadmill can be folded up, requiring less than half the floor space of conventional treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is HATL51205.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

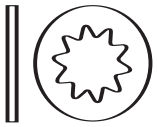


ASSEMBLY

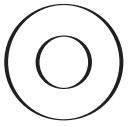
Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys **and your own phillips screwdriver** **and wire cutters** **.**

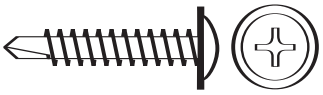
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 30 and 31. The number after the parentheses shows the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled.**



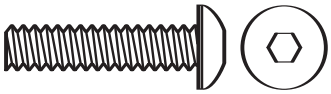
Internal Star Washer (113)–4



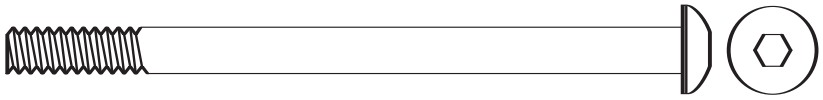
1/4" Washer (39)–4



1" Tek Screw (40)–4



Extension Leg Bolt (80)–4

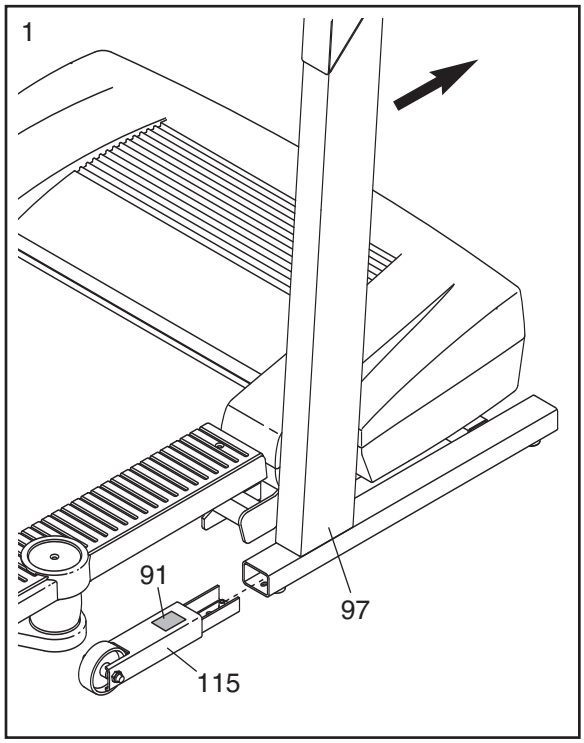


Console Bolt (89)–4

1. **Make sure that the power cord is unplugged.**

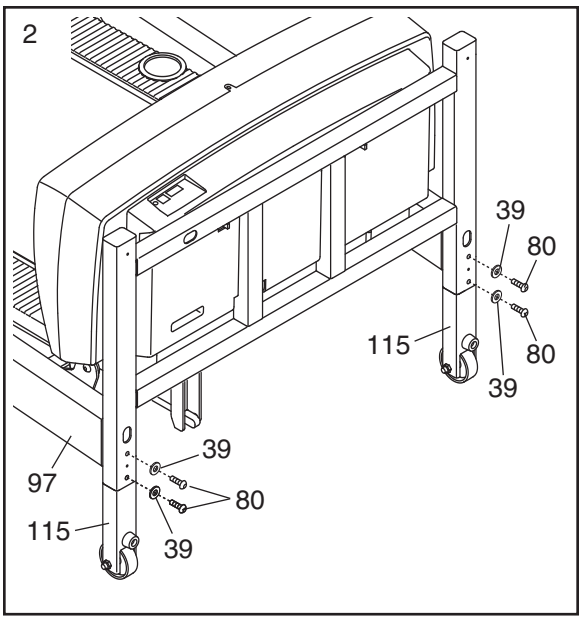
   With the help of a second person, carefully raise the Uprights (97) to the position shown. Insert one of the Extension Legs (115) into the base of the right Upright. (Note: It may be helpful to tip the Uprights forward as you insert the Extension Leg.) Make sure that the Warning Decal (91) is in the indicated location.

   Insert the other Extension Leg (not shown) in the same way.



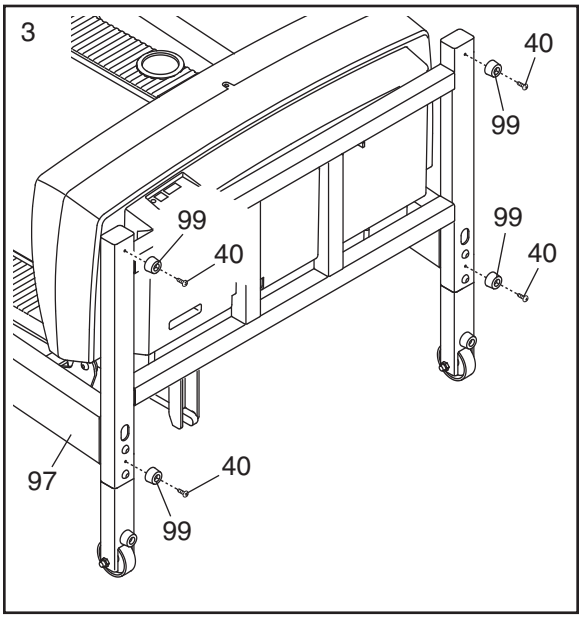
2. With the help of a second person, carefully tip the Uprights (97) down as shown. (Note: It may be helpful to place one foot against one of the Extension Legs [115] as you tip the Uprights.) **Make sure that the Extension Legs remain in the Uprights.**

   Attach each Extension Leg (115) with two Extension Leg Bolts (80) and two 1/4" Washers (39) as shown.

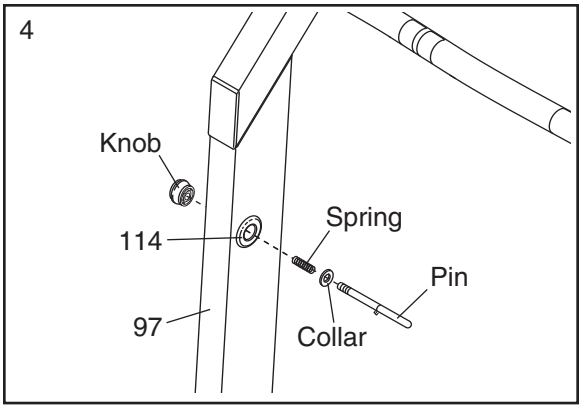


3. Attach the four Base Pads (99) to the base of the Uprights (97) with four 1" Tek Screws (40).

   With the help of a second person, raise the Uprights (97) back to the vertical position.

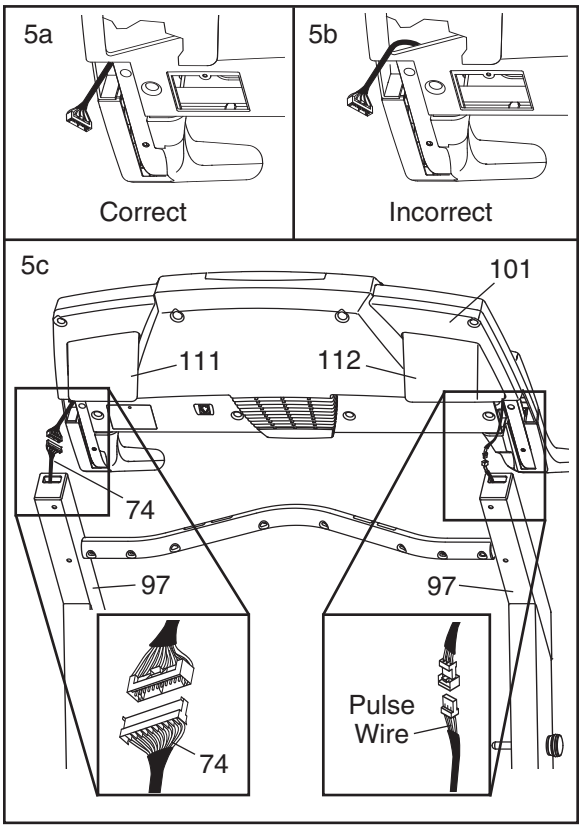


4. Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Insert the pin into the Latch Insert (114) in the left Upright (97), and tighten the knob back onto the pin.



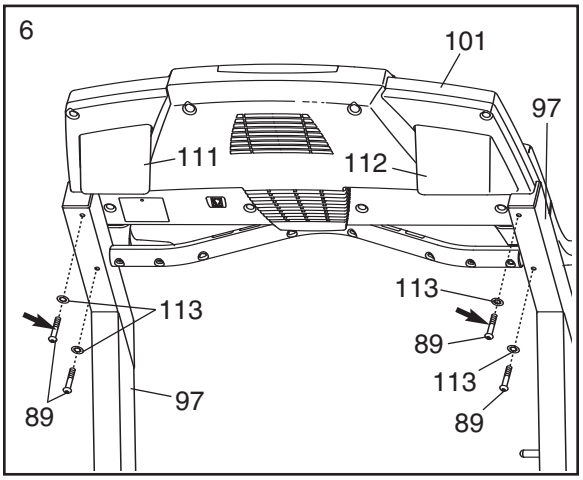
5. See drawing 5c. With the help of a second person, hold the Console Base (101) near the Uprights (97). Look under the Console Base and locate the wires on the sides of the Console Base. Make sure that the wires are **not** routed through the openings for the Trays (111, 112). Drawing 5a shows the correct route for the wires. Drawing 5b shows an incorrect route.

   See drawing 5c. Cut the plastic ties holding the Wire Harness (74) and the pulse wire in the Uprights (97). Connect the Wire Harness and the pulse wire to the connectors on the sides of the Console Base (101). **Make sure to connect the connectors properly (see the inset drawings). IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON. The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn a connector and then try to connect it. Insert the excess Wire Harness and pulse wire up into the Console Base.



6. Set the Console Base (101) on the Uprights (97). Thread the four Console Bolts (89) with four Internal Star Washers (113) into the Uprights and the Console Base. **Be careful not to pinch the Wires (not shown) in the Uprights. Tighten the two Console Bolts indicated by the arrows first; then, tighten the remaining two Console Bolts.**

   Make sure that the Right and Left Trays (111, 112) are pressed into the Console Base (101).

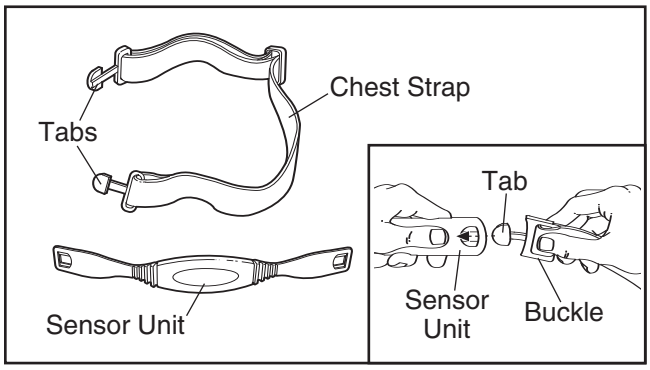


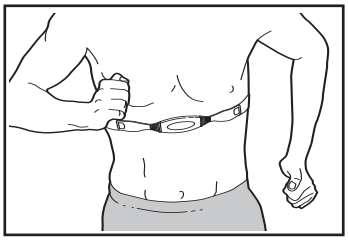
7. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 27). To protect the floor or carpet, place a mat under the treadmill. If there are thin sheets of clear plastic on the decals on the treadmill, remove the plastic.

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (120° F) or below -10° C (15° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

OPERATION AND ADJUSTMENT

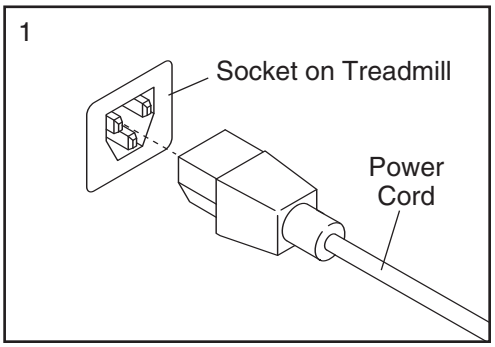
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

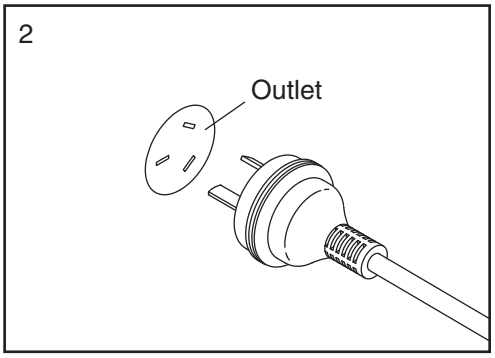
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

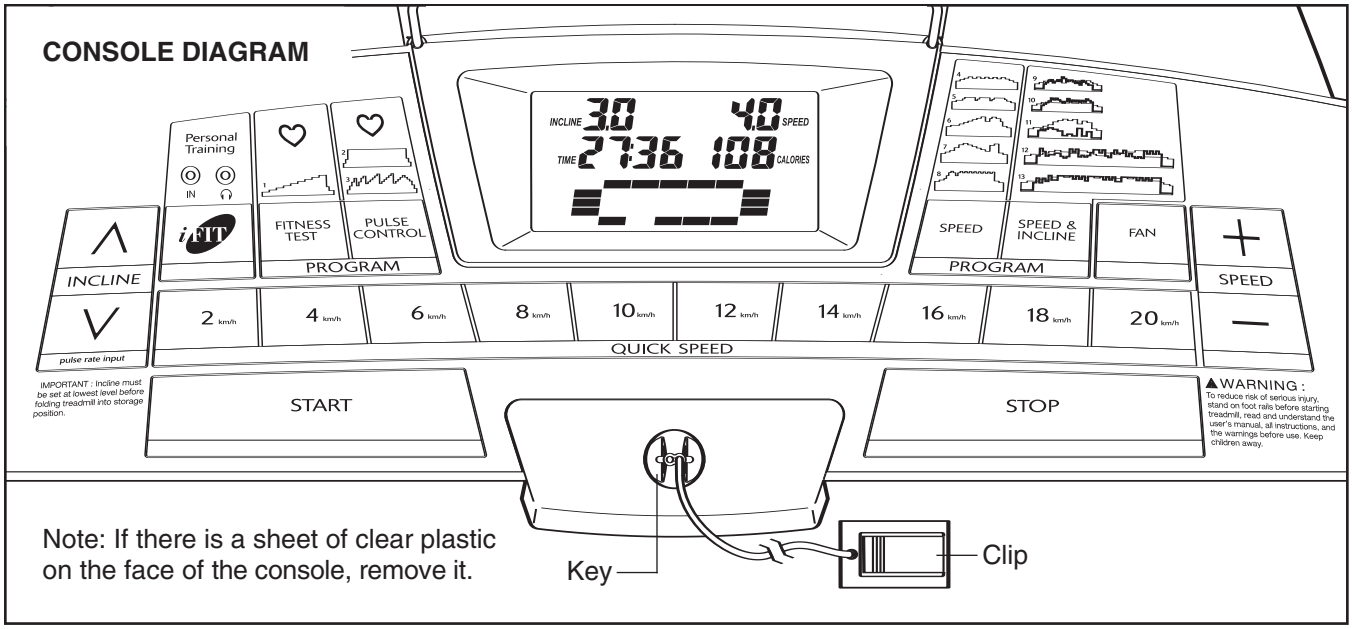
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the chest pulse sensor.

In addition, the console features five speed & incline programs that control the speed and incline of the treadmill as they guide you through effective workouts, and five speed programs that control the speed of the treadmill during your workouts.

The console also offers two pulse control programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate setting during your workouts. In addition, a fitness test program measures your VO_2 max, or aerobic capacity.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). IFIT.com programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

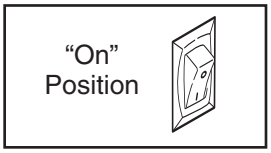
With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a speed & incline program**, see page 14. **To use a speed program**, see page 15. **To use a pulse control program**, see page 16. **To use the fitness test program**, see page 18. **To use an iFIT.com MP3, CD, or video program**, see page 21. **To use an iFIT.com program directly from our Web site**, see page 23.

HOW TO TURN ON THE POWER

Note: To prevent damage to the walking platform, wear clean shoes whilst using the treadmill.

Plug in the power cord (see page 10). Next, locate the on/off switch on the treadmill frame near the power cord. Make sure that the switch is in the "on" position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11), and attach the clip securely to the waistband of your clothes. Then, insert the key into the console; the display will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

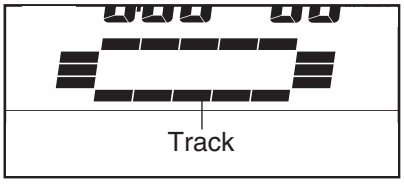
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Pulse Control Program button repeatedly until a track appears in the lower part of the display.



3 Start the walking belt.

To start the walking belt, press the Start button, the Speed + button, or one of the ten numbered buttons.

If the Start button or the Speed + button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

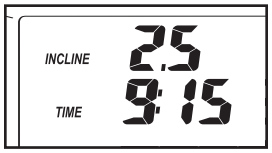
If one of the ten numbered buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed + button, or one of the ten numbered buttons.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

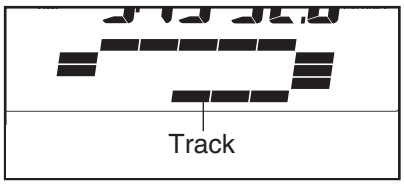
4 Change the incline of the treadmill as desired.

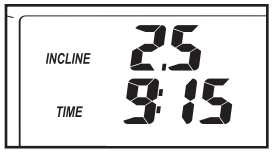
To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



5 Follow your progress with the display.

When the manual mode or the iFIT.com mode is selected, the lower part of the display will show a track that represents 1/4 mile. As you walk or run, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.





The left side of the display will show the incline level of the treadmill, the elapsed time, and the distance that you have walked or run. Note: When a program is selected (except for the fitness test program and pulse control program 2), the display will show the time remaining in the program instead of the elapsed time.

The right side of the display will show the speed of the walking belt, the approximate number of calories you have burned, and your pace (in minutes per mile). The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.

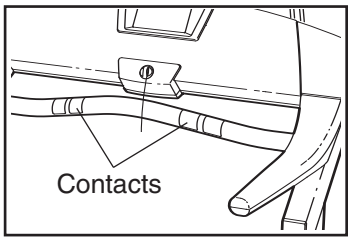
Note: The console can display speed and distance in either miles or kilometers. To determine which unit of measurement is selected, or to change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 24. **Note: For simplicity, all instructions in this section refer to miles.**

To reset the display, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

To use the chest pulse sensor, see page 9. To use the handgrip pulse sensor, see the instructions below. Note: If you use the chest pulse sensor and the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.

To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the handrail. Next, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the right side of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**



7 Turn on the fan if desired.

To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest setting. **The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 24 and turn off the demo mode.**

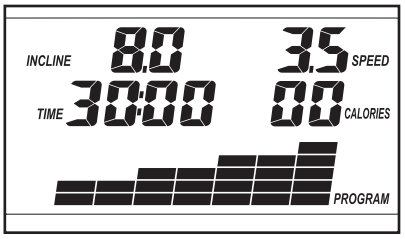
When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO USE A SPEED & INCLINE PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the speed & incline programs.

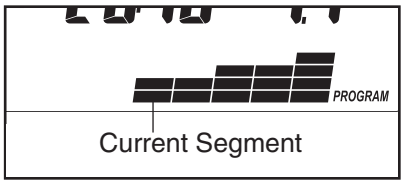


To select one of the speed & incline programs, press the Speed & Incline Program button repeatedly. As each speed & incline program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. The matrix in the lower part of the display will show the first seven speed settings of the program.

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into either 30 or 50 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.



The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next four segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash in the display to alert you.

When the first segment ends, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all five of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 **Follow your progress with the display.**

See step 5 on page 12.

5 **Measure your heart rate if desired.**

See step 6 on page 13.

6 **Turn on the fan if desired.**

See step 7 on page 13.

7 **When you are finished exercising, remove the key from the console.**

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 24 and turn off the demo mode.**

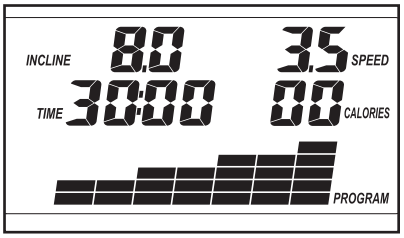
When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO USE A SPEED PROGRAM

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 12.

2 **Select one of the speed programs.**



To select one of the speed programs, press the Speed Program button repeatedly. As each speed program is selected, the maximum speed setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. The matrix in the lower part of the display will show the first seven speed settings of the program.

3 **Press the Start button or the Speed + button to start the program.**

Note: The speed program will function in the same way as a speed & incline program, except the speed program will control only the speed of the treadmill. To change the incline of the treadmill during the program, press the Incline increase and decrease buttons.

4 **When you are finished exercising, remove the key from the console.**

See step 7 at the left.

HOW TO USE A PULSE CONTROL PROGRAM

Pulse control program 2 will automatically adjust the speed and incline of the treadmill to keep your heart rate near a target heart rate setting that you select. Pulse control program 3 will keep your heart rate within a preset range.

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse control programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a pulse control program.

1 Put on the chest pulse sensor.

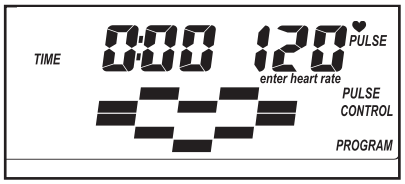
You must wear the chest pulse sensor to use a pulse control program.

2 Insert the key into the console.

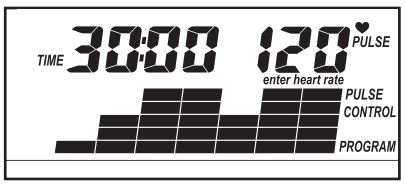
See HOW TO TURN ON THE POWER on page 12.

3 Select a pulse control program.

To select a pulse control program, press the Pulse Control Program button once or twice.

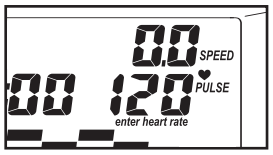


When pulse control program 2 is selected, a heart symbol will appear in the matrix in the lower part of the display.



When pulse control program 3 is selected, the matrix will show the first seven target heart rate settings of the program.

4 Enter a target heart rate setting.



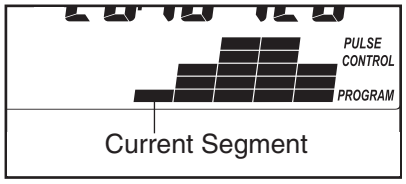
If pulse control program 2 is selected, the target heart rate setting for the program will flash in the display. If desired, press the Incline increase or decrease button to change the target heart rate setting **(see EXERCISE INTENSITY on page 29).** Note: The same target heart rate setting will be programmed for the entire program.

If pulse control program 3 is selected, the maximum target heart rate setting of the program will flash in the display (see the drawing above). If desired, press the Incline increase or decrease button to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 29).** Note: If the maximum target heart rate setting is increased or decreased, the intensity level of the entire program will increase or decrease.

5 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Pulse control program 2 is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. (Note: For a shorter workout, simply stop the program before it ends.) Pulse control program 3 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.



If pulse control program 3 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next four segments will be shown in the columns to the right.

When only three seconds remain in the first segment, both the Current Segment column and the column to the right will flash and a series of tones will sound. When the first segment ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both pulse control programs, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed of the walking belt reaches 7.5 mph and your heart rate is still too far below the target heart rate setting, the incline of the treadmill will also increase.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the display and the speed and/or incline of the treadmill may automatically decrease. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

6 **Follow your progress with the display.**

See step 5 on page 12.

7 **Turn on the fan if desired.**

See step 7 on page 13.

8 **When you are finished exercising, remove the key from the console.**

See step 7 on page 15.

HOW TO USE THE FITNESS TEST PROGRAM

The fitness test program measures your approximate VO_2 max, or aerobic capacity. VO_2 max is a measure of your ability to intake and utilize oxygen to generate energy for endurance activities such as running and cycling. In technical terms, VO_2 max is the maximum volume of oxygen, in milliliters, that your body can use in one minute, per kilogram of body weight. A high VO_2 max indicates a high level of cardiorespiratory fitness. Note: To learn more about VO_2 max, refer to a reputable book or consult your physician.

For the most accurate results, use the fitness test program when you are not feeling tired, when you have not eaten for at least two hours, and when you have not exercised for at least 24 hours. Follow the steps below to use the program.

1 Put on the chest pulse sensor.

You must wear the chest pulse sensor to use the fitness test program.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

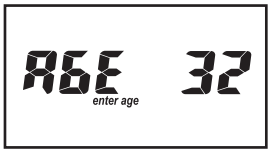
3 Select the fitness test program.

To select the fitness test program, press the Fitness Test Program button.

4 Enter your gender.

When the fitness test program is selected, the letters “GEn” (gender) and “M” (male) or “F” (female) will appear in the display. Press the Incline increase or decrease button to enter your gender, and then press the Start button. Note: Pressing the Start button at this time will not start the fitness test program.

5 Enter your age.

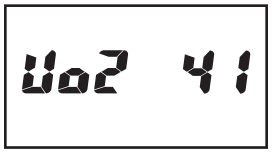


Next, the word “AGE” and the current age setting will appear in the display. If you have not entered your age, press the Incline increase or decrease button repeatedly to enter your age.

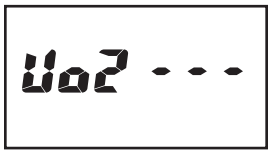
6 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Begin walking on the treadmill. Note: For the most accurate results, do not hold the handrails during the fitness test program.

During the program, the speed and incline of the treadmill will periodically change. The speed setting or the incline setting will flash in the display to alert you before each change. **Important: The Speed and Incline buttons will not function during the program.**



The program is designed last for nine minutes. When the program ends, the walking belt will slow to a stop and your VO_2 max will appear in the display.



Note: If your pulse is not detected for several seconds during the program (the letters “PLS” will flash in the display), or if your heart rate exceeds 85% of your age-predicted maximum heart rate for several seconds during the program, the program may stop and “Vo2 – – –” may appear in the display. If this occurs, try the program again on another day. Make sure that you are wearing the chest pulse sensor as described on page 9.

7 Follow your progress with the display.

See step 5 on page 12.

8 Turn on the fan if desired.

See step 7 on page 13.

9 When you are finished exercising, remove the key from the console.

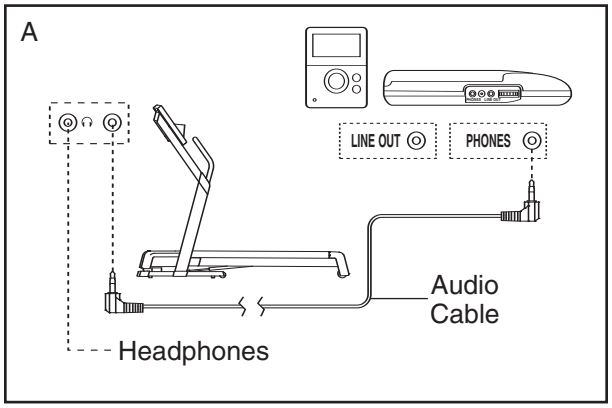
See step 7 on page 15.

HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 19 and 20 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your computer. See page 20 for connecting instructions. **To use iFIT.com video programs**, the treadmill must be connected to your VCR. See page 21 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

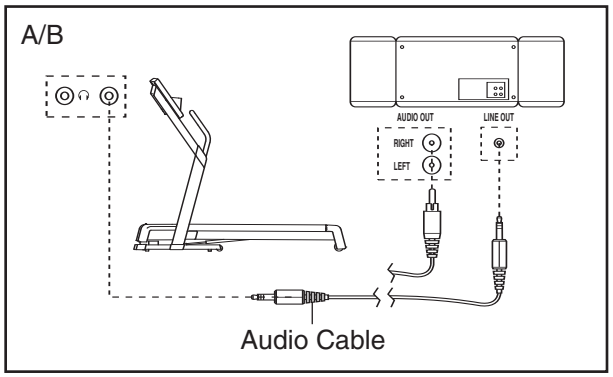
A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

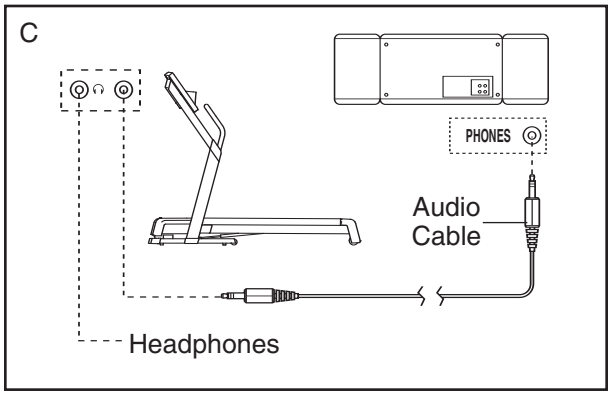
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: Whilst the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

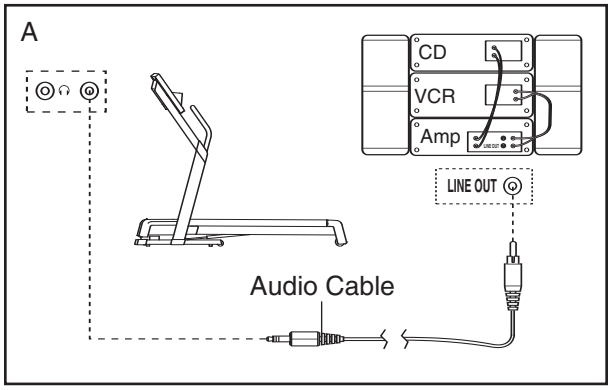
C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



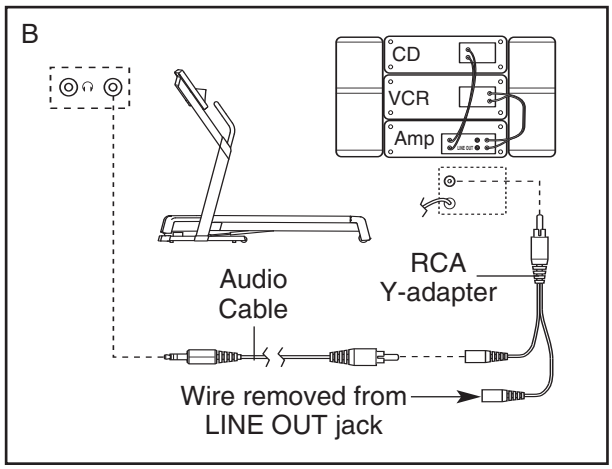
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: Whilst the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

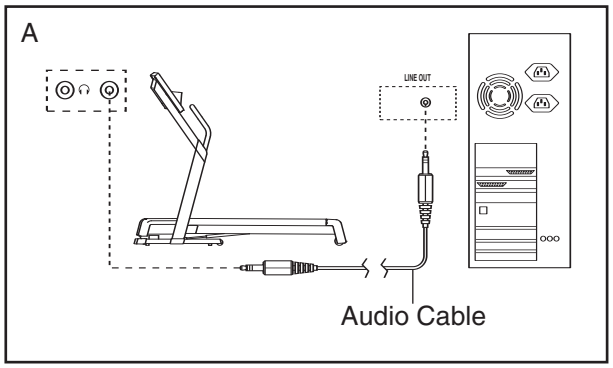


B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: Whilst the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

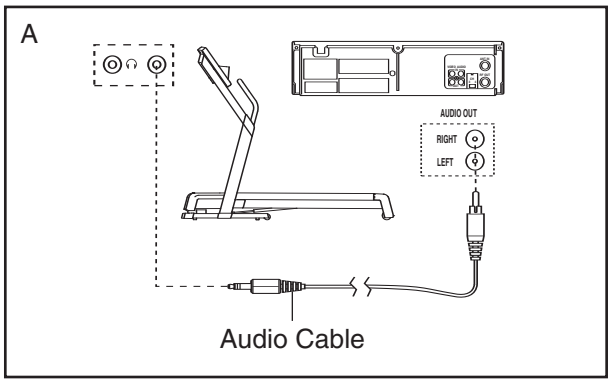
A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: Whilst the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



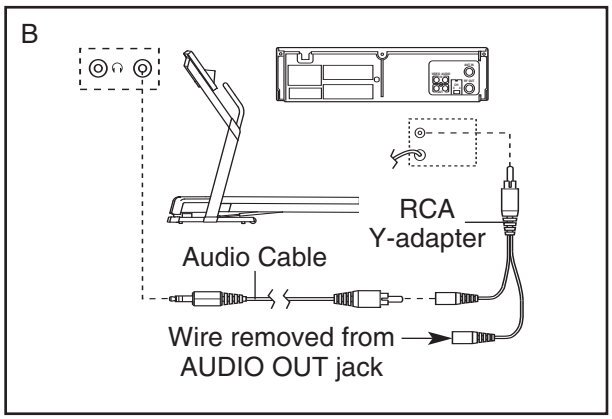
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 20.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN IFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS on pages 19 to 21. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

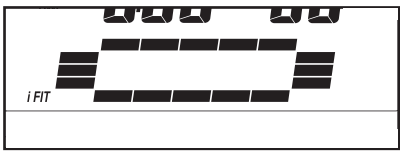
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The letters "iFIT" will appear in the display.



3 Press the Play button on your MP3 player, CD player, or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the display, press the Start button or the Speed + button on the console. The treadmill will not respond to an MP3, CD, or video program whilst the time is flashing in the display.

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next "chirp" is heard, the speed and/or incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 21.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the letters "iFIT" appear in the display and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed + button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**
- **See the instructions at the bottom of page 28.**

4 **Follow your progress with the display.**

See step 5 on page 12.

5 **Measure your heart rate if desired.**

See step 6 on page 13.

6 **Turn on the fan if desired.**

See step 7 on page 13.

7 **When you are finished exercising, remove the key from the console.**

See step 7 on page 15.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN IFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

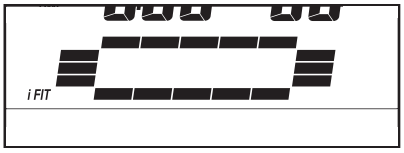
Follow the steps below to use a program from our Web site.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 12.

2 **Select the iFIT.com mode.**

To select the iFIT.com mode, press the iFIT button. The letters “iFIT” will appear in the display.



3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard, make sure that the letters “iFIT” appear in the display and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8 **Follow your progress with the display.**

See step 5 on page 12.

9 **When you are finished exercising, remove the key from the console.**

See step 7 on page 15.

THE INFORMATION MODE/DEMO MODE

The information mode keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. In addition, the information mode allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, first hold down the Stop button whilst inserting the key into the console. Next, release the Stop button. The following information will appear in the display:

The left side of the display will show the total number of miles (or kilometers) that the walking belt has moved and the total number of hours

that the treadmill has been operated. An “E” for English miles or an “M” for metric kilometers will appear in the right side of the display. Press the Speed + button to change the unit of measurement if desired.

IMPORTANT: If a “d” appears in the right side of the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence, although the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed – button so “d” disappears.**

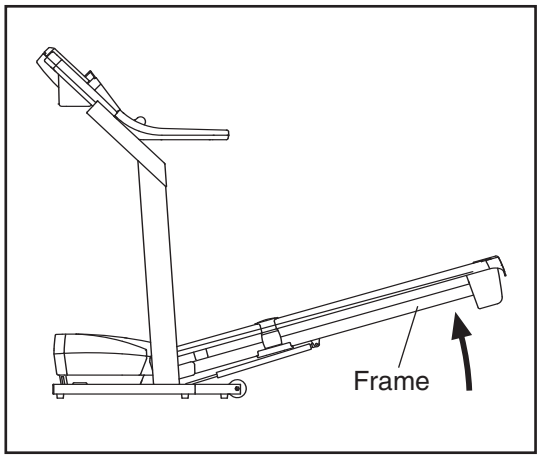
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

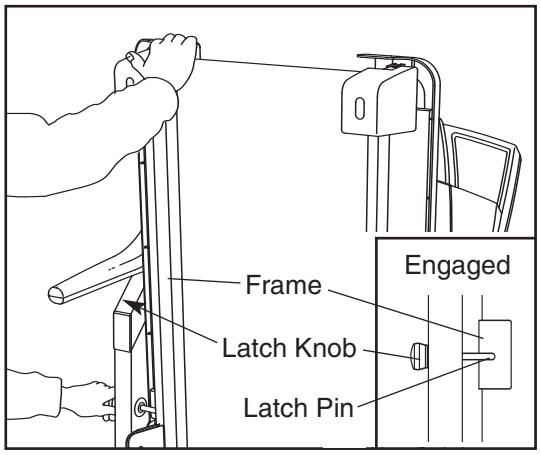
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is held securely by the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



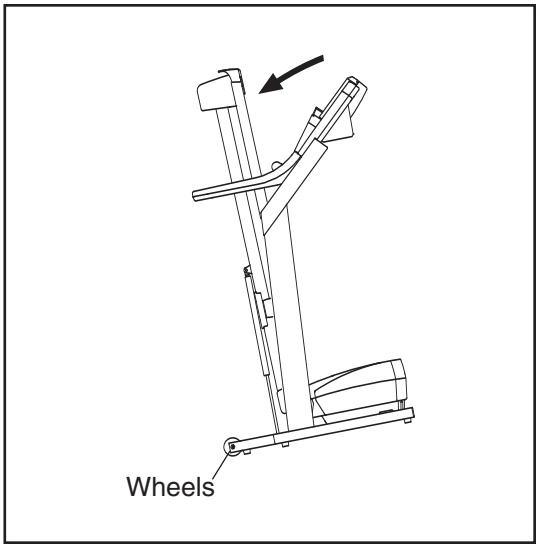
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described on page 24. **Make sure that the frame is held securely by the latch pin.**

1. Hold the handrails, and place one foot against one of the wheels.

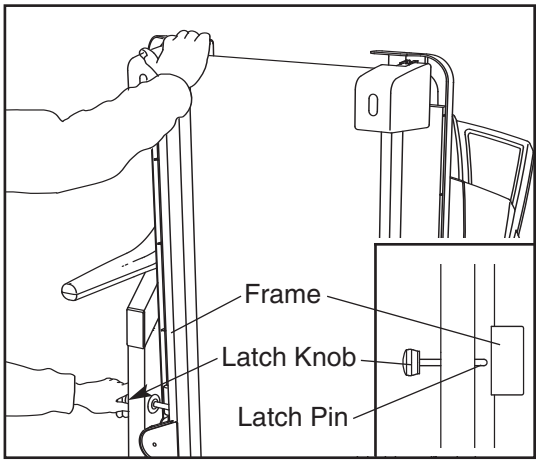
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

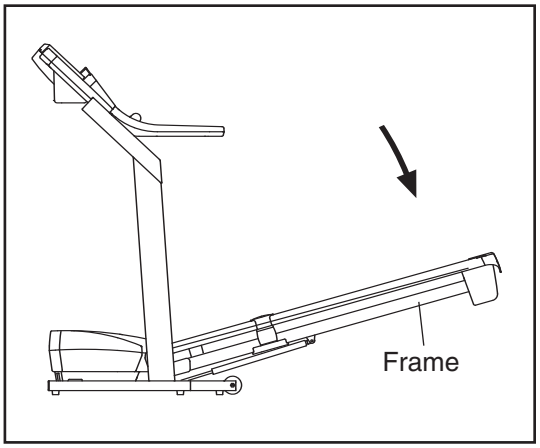


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.



2. **Hold the metal frame firmly with both hands**, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, do not lower the treadmill by gripping only the plastic foot rails. Do not drop the treadmill frame to the floor. Be sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the telephone number on the front cover of this manual.

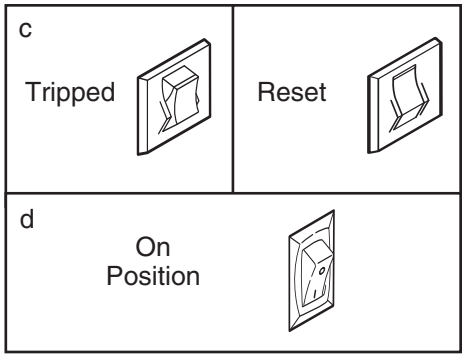
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 10.) If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill frame near the power cord. Make sure that the switch is in the “on” position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

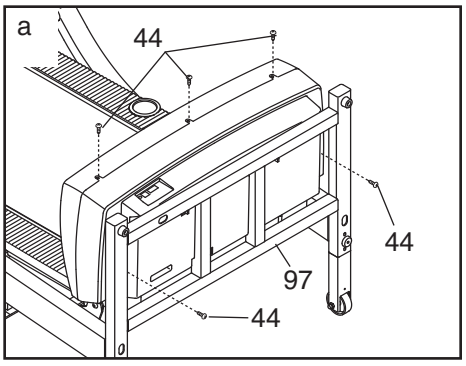
c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the “on” position.

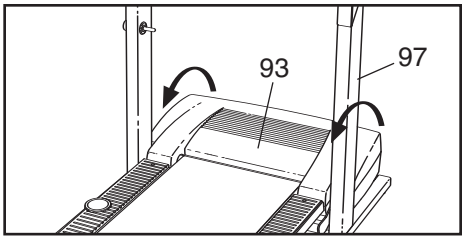
e. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

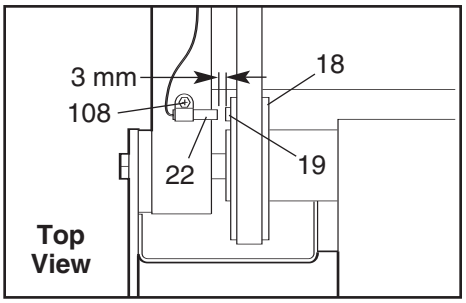
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (97) down as shown. Remove the five Hood Screws (44). Note: A phillips screwdriver with a shaft at least 127 mm (5 in.) long is required.



With the help of a second person, carefully raise the Uprights (97) as shown. Carefully pivot the Hood (93) off.



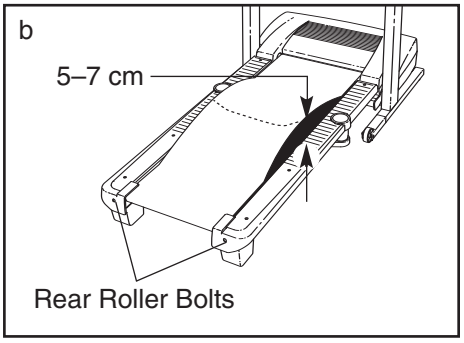
Locate the Reed Switch (22) and the Magnet (19) on the left side of the Pulley (18). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (108), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

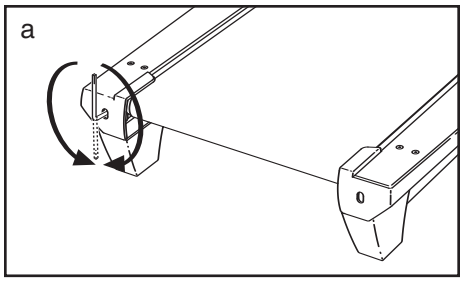
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5–7 cm (2–3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



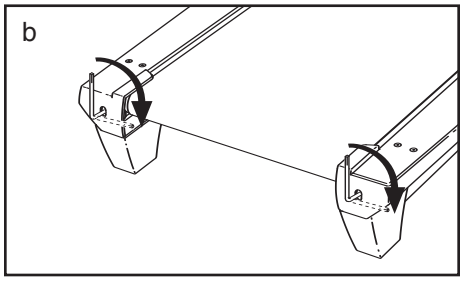
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. **If the walking belt is off-centre,** remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is centred.



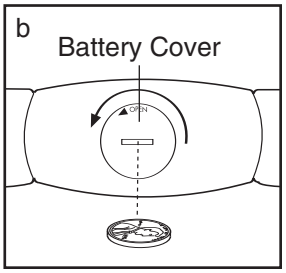
b. **If the walking belt slips when walked on,** remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5–7 cm (2–3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



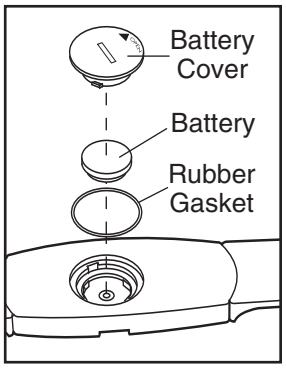
PROBLEM: The heart rate monitor does not function properly

SOLUTION: a. If the heart rate monitor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

b. If the heart rate monitor still does not function properly, the battery should be changed. To replace the battery, first locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, and turn the cover counterclockwise to the “open” position. Then, remove the cover.



Next, remove the old battery from the sensor unit, and insert a new CR 2032 battery, **with the battery oriented so the writing on top.** Make sure that the rubber gasket is in place in the sensor unit. Then, reinsert the battery cover and turn it to the closed position.



PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **Whilst the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning, and the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HATL51205.0

R0805A

To locate the parts listed below, see the EXPLODED DRAWING attached in the centre of this manual.

Key No.	Qty.	Description
1	1	Left Foot Rail
2	8	Foot Rail Screw
3	2	Pulse Receiver Screw
4	2	Isolator Decal
5	1	Catch
6	2	Front Isolator
7	2	Isolator
8	1	Pulse Receiver
9	2	Isolator Bracket Cover
10	2	Isolator Screw
11	1	Roller Bushing
12	2	Isolator Bolt
13	1	Walking Platform
14	2	Belt Guide
15	4	Belt Guide Screw
16	2	Walking Platform Screw, Rear
17	2	Frame Pivot Bolt
18	1	Front Roller/Pulley
19	1	Magnet
20	9	Nut
21	2	Pivot Spacer
22	1	Reed Switch
23	1	Idler Pulley Washer
24	1	Reed Switch Clip
25	1	Lift Motor Bolt, Top
26	1	Motor Isolator Plate
27	1	Right Bottom Handgrip
28	1	Motor Belt
29	1	Filter
30	1	Transformer
31	1	Right Top Handgrip
32	1	Drive Motor
33	1	Lift Frame
34	1	Stop Bracket
35	2	Walking Platform Nut
36	2	Plastic Bushing
37	1	Incline Motor
38	2	Incline Bolt
39	4	1/4” Washer
40	6	Base Pad Screw
41	1	Front Roller Adj. Bolt
42	2	Walking Platform Screw, Front
43	1	Left Bottom Handgrip
44	54	Hood Screw
45	1	Shock
46	1	Controller Bracket
47	1	On/Off Switch
48	1	Controller
49	1	Power Cord
50	2	Upright Endcap, Small
51	1	Circuit Breaker
52	1	Receptical
53	3	Belly Pan Clip
54	1	Belly Pan
55	2	Releasable Tie
56	1	Photo Switch Wire
57	2	Tie Holder Clamp
58	9	Cable Tie
59	1	Frame
60	1	Right Rear Foot
61	1	Idler Nut
62	2	Rear Roller Adj. Bolt
63	1	Rear Roller
64	1	Hex Key
65	1	Chest Pulse Sensor
66	1	Left Rear Foot
67	1	Right Foot Rail
68	1	Walking Belt
69	1	Latch Warning Decal
70	1	Chest Pulse Sensor Strap
71	2	Idler Washer
72	1	Idler Pulley
73	2	Small Star Washer
74	1	Wire Harness
75	1	Idler Pulley Bolt
76	1	Right Handrail
77	1	Ground Wire
78	2	Small Nut
79	2	Idler Pivot Bolt/Lift Motor Bolt, Bottom
80	4	Extension Leg Bolt
81	1	Left Top Handgrip
82	1	Latch Assembly
83	1	Controller Wire
84	1	Idler Arm
85	1	Front Roller Nut
86	1	Idler Spring
87	1	Console Bracket
88	2	Rear Roller Bracket
89	4	Console Bolt
90	2	Wheel Bolt
91	2	Caution Decal
92	1	iFIT.com Wire
93	1	Hood
94	2	Wheel
95	2	Controller Screw
96	1	Access Door
97	1	Upright Base
98	1	Photo Switch
99	6	Base Pad
100	2	Small Bolt

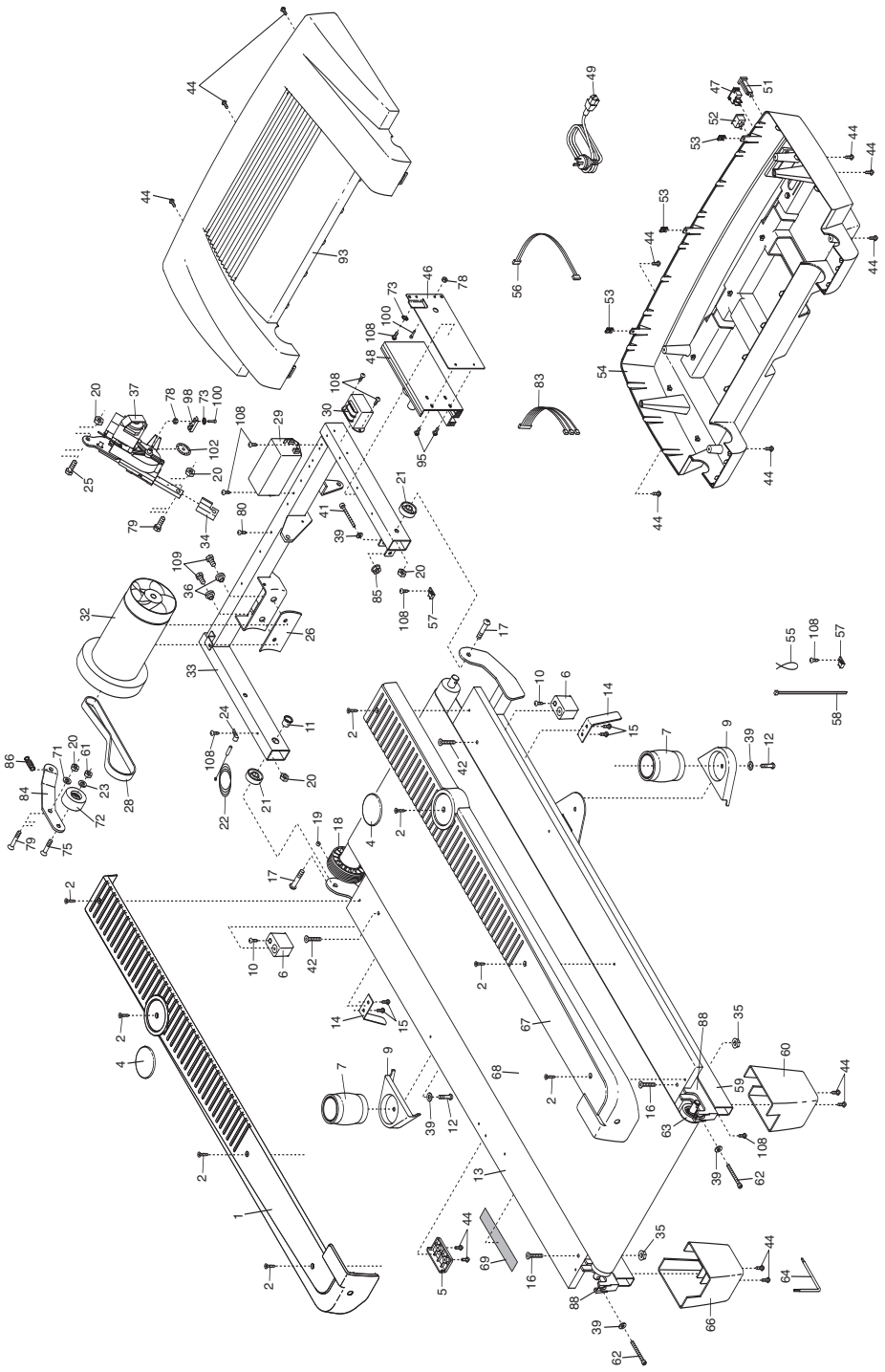
Key No.	Qty.	Description
101	1	Console Base, Top
102	1	Optic Disk
103	1	Console Back
104	1	Key Clip
105	1	Left Handrail
106	1	Fan
107	1	Console
108	21	Screw
109	2	Motor Bracket Bolt
110	1	Pulse Bar
111	1	Right Accessory Tray
112	1	Left Accessory Tray
113	4	Internal Star Washer
114	1	Latch Insert
115	2	Extension Leg
116	2	Base Endcap
117	2	Upright Endcap, Large
#	1	8” Black Wire, R/R
#	1	6” Black Wire, R/R
#	2	4” Black Wire, F/F
#	1	6” G/Y, F/R
#	1	4” G/Y, F/R
#	1	4” Green Wire, M/Ring
#	2	10” White Wire, F/F
#	1	10” Blue Wire, F/F
#	1	4” Red Wire, F/M
#	1	User’s Manual

#These parts are not illustrated.

Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. HATL51205.0

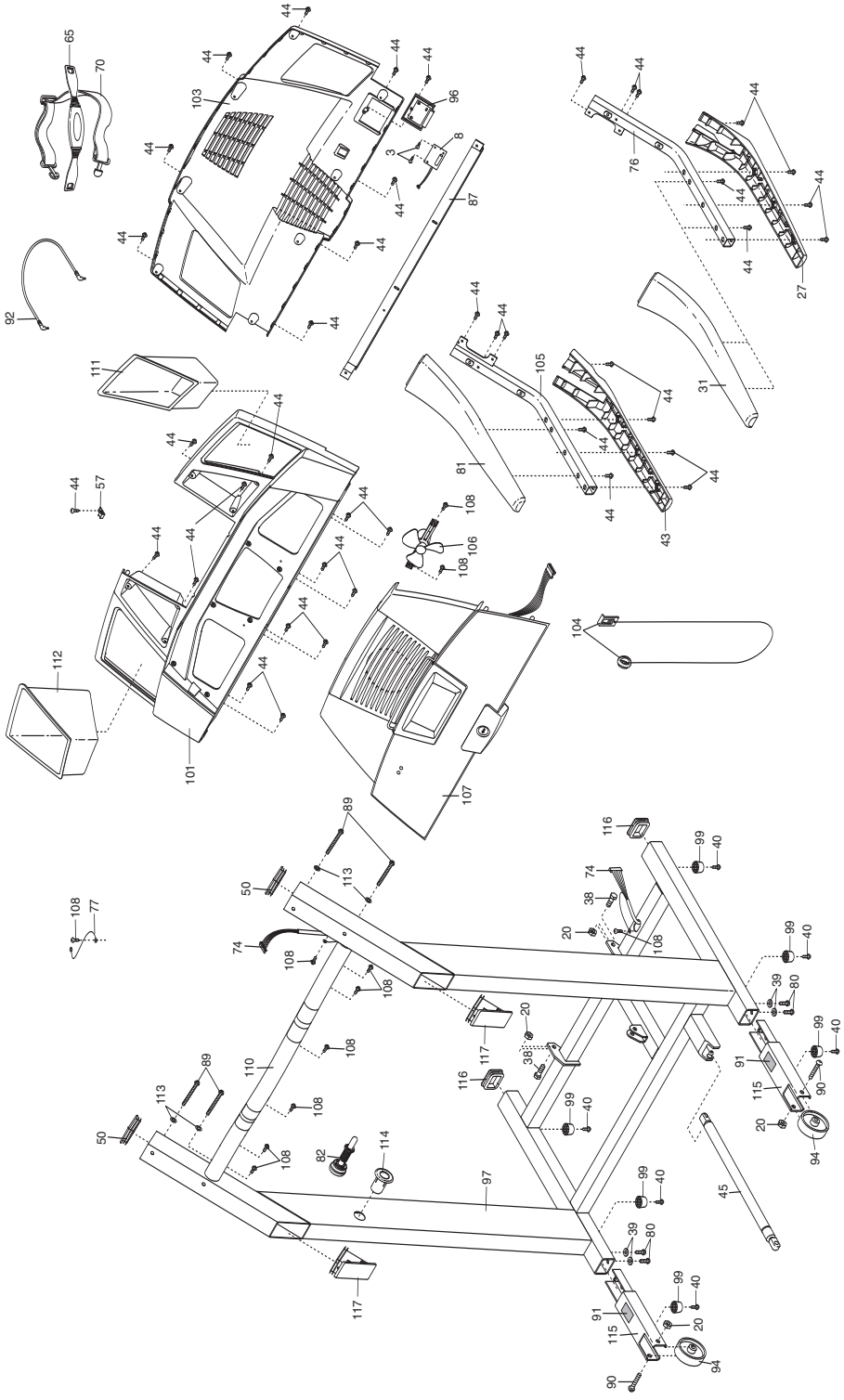
R0805A



To identify the parts shown on this EXPLODED DRAWING, see the PART LIST on pages 30 and 31 of the User's Manual.

EXPLODED DRAWING—Model No. HATL51205.0

R0805A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact our Customer Service Department or write:

Shanghi Newlife Fitness Equipment, Inc.
Customer Service Department
Room 504, No. 16, Lane 1030
YanAn West Road
Shanghai, 200052, PR China

Tel:
800-820-0915

Before calling, please note the following information

- the MODEL NUMBER of the product (HATL51205.0)
- the NAME of the product (HealthRider H500 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING attached in the centre of this manual and the PART LIST on pages 30 and 31)

LIMITED WARRANTY

Shanghi Newlife Fitness Equipment, Inc. (Newlife), warrants this product to be free from defects in workmanship and material under normal use and service conditions. The drive motor is warranted for five (5) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. Newlife's obligation under this warranty is limited to replacing or repairing, at Newlife's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by Newlife. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an Newlife authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by Newlife.

Newlife is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Shanghi Newlife Fitness Equipment, Inc.

Part No. 231425 R0805A
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